



# MENSTRUATION BRACELET TEMPLATE

Select a size that fits your wrist. Color 5 beads (in a row) red. Cut out the bracelet with a scissor and connect the ends with adhesive tape or glue. Put it on, take a picture and post it with a message on your social channels on Menstrual Hygiene Day 28 May! Use **#ItsTimeForAction** and **#MHD2020**  
Please tag **@menstrualhygieneday** (Facebook + Instagram) and **@mhd2020** (Twitter)



10 rows of bracelet templates, each consisting of a row of 20 circles. The second row from the top has a water drop icon in the 17th circle, followed by the letters M, H, D, A, Y in the 18th, 19th, 20th, 21st, and 22nd circles respectively. The bottom row also has a water drop icon in the 17th circle, followed by the letters M, H, D, A, Y in the 18th, 19th, 20th, 21st, and 22nd circles respectively. Each row is bounded by dashed lines, and a pair of scissors icon is located at the end of each row on the right side.

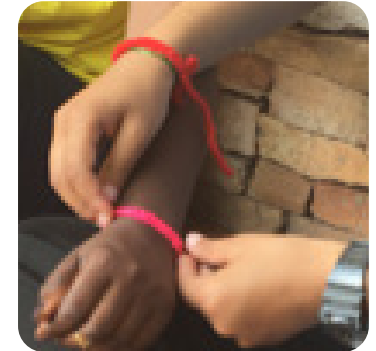
# MORE IDEAS:

The Menstruation Bracelet made from beads ▶



The simplest solution if you need bracelets in large numbers: use a piece of red or pink string ▶

*(They won't have 28 beads obviously, but it's okay)*



Made from fabric ▶



Or simply paint the bracelet on your wrist!  
For this example we used toothpaste and red lipstick ▶

